

Water Classes	Time	Mon	Tue	Wed	Thu	Fri	Sat
Aquatic Cross Training: A program using deep and shallow water with intervals and strength training optimized for weight loss.	6:00 AM	<u>CP</u> Masters Swimming		<u>CP</u> Masters Swimming		<u>CP</u> Masters Swimming	
Aqua Motion: A mild, no-bounce class for stretching and toning muscles and improving cardiovascular conditioning, CORE stability and joint mobility. This is a great class if you have arthritis, joint limitations, replacements or pregnant.	6:45 AM						<u>CP</u> Masters Swimming
Aqua Power: A high intensity predominately shallow water running and cardiovascular interval class designed to burn 500-700 calories in an hour and target buns, thighs and abs!	7:30 AM	<u>LRC</u> Aqua Motion	<u>LRC</u> Aqua Motion	<u>LRC</u> Aqua Motion	<u>LRC</u> Aqua Motion	<u>LRC</u> Aqua Motion	
Deep H2O: A moderate intensity water fitness class with no impact to the joints. Floatation belts are provided	9:00 AM	<u>LRC</u> Morning Fitness <u>CP</u> Deep H2O	<u>LRC</u> Aqua Power <u>CP</u> Deep H2O	<u>LRC</u> H2O Fitness <u>CP</u> Deep H2O	<u>LRC</u> Aqua Power <u>CP</u> Deep H2O	<u>LRC</u> Morning Fitness <u>CP</u> Deep H2O	<u>LRC</u> Aqua Motion
H2O Fitness: A high intensity combination aerobic class involving different workouts (Aqua Step, Kickboxing, Circuit Training).	10:15 AM	<u>LRC</u> SilverSplash				<u>LRC</u> SilverSplash	
Hydro2ga® \$\$: Please Call 303-651-8406 for more information, Dates/Fees. Sunday's - CP 12:00PM	11:45 AM		<u>LRC</u> Sil- verSplash		<u>LRC</u> Sil- verSplash		
Masters Swimming: Improve your skills and stamina through intervals, drills and distance swimming. Recommended for adults who are comfortable swimming at least 1,000 yards non-stop.	12:00 PM	<u>LRC</u> Deep H2O	<u>LRC</u> Masters Swimming <u>CP</u> Deep H2O	<u>LRC</u> Deep H2O	<u>LRC</u> Masters Swimming	<u>LRC</u> Deep H2O	
Beginning Masters Swimming: Catering to your individual needs, you will receive stroke work plus a great workout. This program is recommended for adults who are comfortable swimming 200 yards non-stop.	6:00 PM	<u>LRC</u> Deep H2O	<u>LRC</u> Aqua Motion	<u>LRC</u> Deep H2O	<u>LRC</u> Aqua Motion	KEY <u>LRC</u> Longmont Recreation Center <u>CP</u> Centennial Pool <u>MB</u> Memorial Building	
Morning Fitness: Aerobic conditioning is what this class is all about.	6:30 PM		<u>LRC</u> Masters Swimming		<u>LRC</u> Masters Swimming		
SilverSneakers - SilverSplash®: Activate your urge for variety! SilverSplash offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination. (45 minutes)	7:30 PM		<u>CP</u> Beginning Masters Swimming		<u>CP</u> Beginning Masters Swimming		
	8:00 PM		<u>CP</u> Aquatic Cross Training		<u>CP</u> Aquatic Cross Training		



Coming Soon "Aqua Zumba" w/Cindy Krafft

Most of our classes are free with a Facility Punch Pass, Quarterly, Monthly or Annual Pass. Classes with \$\$ means you must Pre-Register or pay a Drop-In Fee.
 Most of our fitness classes are for people 14+ years. If you are younger please check with the instructor and the facility supervisor to see if you may join.

Babysitting - Longmont Recreation Center Only

Monday-Friday	8:00am-1:30pm	November 2011 - April 2012 Friday Evenings 4:00pm-7:30pm
Monday-Thursday	4:00pm-8:00pm	
Saturday	8:00am-1:00pm	
Sunday	8:30am-1:00pm	

Longmont Recreation Services

Fitness Schedule

Winter 2012

* February *

(ALL TIMES/CLASSES ARE SUBJECT TO CHANGE)

LRC - Longmont Recreation Center - 310 Quail Rd - 303-774-4800
CP - Centennial Pool - 1201 Alpine St - 303-651-8406
MB - St Vrain Memorial Building - 700 Longs Peak Ave - 303-651-8404



Taste of Therapy Wellness Fair

Saturdays, 10am - 1pm
 Izaak Walton Clubhouse,
 18 S Sunset St
 February 11 & March 10

Saturday, 9am - 3pm
 St Vrain Memorial Building,
 700 Longs Peaks Ave
 April 14


Weight Room Orientations

Longmont Recreation Center
 Sunday, February 12 - 3:15pm
 Tuesday, February 28 - 7:00pm
 Sunday, March 11 - 3:15pm
 Tuesday, March 27 - 7:00pm

St Vrain Memorial Building
 Saturday, February 11 - 8:45am
 Saturday, March 10 - 8:45am

Centennial Pool
 Call 303-774-4752 to Schedule a Time



Land Classes	Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Abs & Arms: Upper body and core training. (45 minutes)	5:30 AM		LRC - Indoor Cycling (A) CP 5:45AM-Tri Bike		LRC - Indoor Cycling (A) CP 5:45AM-Core Plus		KEY LRC = Longmont Recreation Center MB = St Vrain Memorial Building CP = Centennial Pool (1) Beginner (2) Intermediate (A) All levels (#) Advanced	
Ballblast: Using a fitball, train your body while developing strength, increasing flexibility and toning your muscles. (45 Minutes)	6:00 AM	LRC - Indoor Cycling (A) MB - Cardio / Sculpt (2)	LRC - Boot Camp (#) MB - Sculpt & Tone (2)	LRC - Indoor Cycling (A) MB - Cardio / Sculpt (2)	LRC - Boot Camp (#) MB - Sculpt & Tone (2)	LRC - Indoor Cycling (A) MB - Cardio / Sculpt (2)		
Boot Camp: High intensity interval sports conditioning, running, plyometrics and calisthenics.	6:30 AM	CP - TRX \$\$	LRC - Indoor Cycling (A)	CP - TRX \$\$	LRC - Bike-n-Sculpt (A)			
Butts & Gutts: Lower body and core training at its finest!	7:00 AM	LRC - Abs & Arms (A)		LRC - Abs & Arms (A)		LRC - Pilyoga (A)		
Cardio Kickboxing: Kickboxing moves with alternating periods of higher and lower levels of intensity.	7:30 AM		LRC Zumba® (A)		LRC Zumba® (A)		MB - Cardio / Sculpt (2)	LRC - (A) Butts & Gutts
Cardio/Sculpt: A cardio and sculpting class that has cardio components and uses combined muscular strength and endurance exercises.	8:00 AM	LRC - BallBlast (2) LRC - Jazzercise \$\$ MB - Gentle NIA (A)	LRC - Butts & Gutts (2)	LRC - Advanced Pilyoga (#) LRC - Jazzercise \$\$ MB - Gentle NIA (A)	LRC - Butts & Gutts (2)	LRC - Core Plus (A) LRC - Jazzercise \$\$	MB - Jazzercise \$\$	LRC - Silver Sneakers® (A) Yoga Stretch
Core Plus: Working abs, glutes, legs and arms.	8:20 AM		MB - 8:20 AM - \$\$ Jazzercise - Body Sculpt		MB - 8:20 AM - \$\$ Jazzercise - Body Sculpt		LRC 8:10 AM - Indoor Cycling (A)	LRC 8:45 AM Cardio Kick Boxing (#)
Indoor Cycling: No impact, high intensity stationary bike workout. (45 Minutes - LRC / 1 Hour - CP)	9:00 AM	LRC - Cardio Kick Boxing (#)	LRC - SilverSneakers® MSROM (A)	LRC - Cardio Kick Boxing (#)	LRC - SilverSneakers® MSROM (A)	LRC - Cardio/Sculpt (2) LRC - Pilyoga (A)	LRC - Cardio Kick Boxing (#)	
Bike-n-Sculpt: No impact, high intensity stationary bike workout with the addition of sculpting exercises. (1hr)	9:15 AM	LRC - Jazzercise \$\$ MB - Power of 3 (L)	LRC - Step (#), MB - Jazzercise \$\$ CP - TRX \$\$	LRC - SilverSneakers® Yoga Stretch (A) LRC - Jazzercise \$\$ MB - Power of 3 (L)	LRC - Step (#) MB - Jazzercise \$\$ CP - TRX \$\$	LRC - Jazzercise \$\$ MB - Power of 3 (L)	MB - Pilyoga (A)	
Jazzercise \$\$: All fitness levels welcome. <i>Please check in with Jazzercise – a separate table will be set up for them.</i> For more information call 720-494-0312.	10:00 AM	LRC 10:15 AM - Sculpt & Tone (2)	LRC - SilverSneakers® Cardio Circuit (A)	LRC 10:15 AM - Sculpt & Tone (2)	LRC - SilverSneakers® Cardio Circuit (A)	LRC 10:15 AM - Step & Condition (2)	LRC 10:15 AM - NIA (A)	LRC - Cardio/ Sculpt (2)
Beginning Latin Aerobics: Latin American dance fitness class that will challenge your cardio and coordination skills.	10:30 AM	MB 10:30 AM - Advanced Pilyoga (#)	LRC 10:30 AM - Sculpt & Tone (2)			LRC 10:30 AM - Sculpt & Tone (2)	LRC - 11:00AM -Silver Sneakers® (A) Yoga Stretch	CP 11:15 AM - Indoor Cycling (A)
Gentle NIA: A lower intensity of NIA.	12:00 PM	LRC - Cardio/Sculpt (2) MB - Pilyoga (A)	LRC - NIA (A) MB - BallBlast (A)	LRC - Zumba® (A) LRC 12:15 PM - Tai Chi (L) MB - Pilyoga (A) LRC - Indoor Cycling (A)	LRC - NIA (A) MB - Pilyoga (A)	LRC - Cardio/Sculpt (2) LRC 12:15 PM - Tai Chi (L) MB - Beg Latin Aerobics (L)	LRC 11:45 AM - Cardi- o/Sculpt (2)	LRC 11:15 AM NIA (A)
NIA: (Neuromuscular Integrative Action) Body-mind whole body conditioning based on pleasure and the joy of Movement. Combines dance, martial arts and yoga. Designed for barefoot, shoes are optional. (75 Minutes)	1:15 PM	LRC 1:30 PM - Bike-n-Sculpt (A)	CP 1:15 PM - Beginning Bike & More \$\$	LRC 1:30 PM - BallBlast (2)	CP 1:15 PM - Beginning Bike & More \$\$	LRC 1:30 PM - Zumba® (A)	Family NIA Feb 4 & Mar 3	
Family NIA: Share the fun and playfulness of your NIA class with your children. Ages 5+, all children must be accompanied by an adult.	3:30 PM	CP - Youth Cardio Power \$\$		CP - Youth Cardio Power \$\$			Meditative NIA Feb 11 & 25, Mar 10 & 24	
New to NIA: This special class teaches the theory and steps you'll see in any NIA class.	4:30 PM	LRC - Indoor Cycling (A)	LRC 4:15 PM - Cardio / Sculpt (2)	LRC - Indoor Cycling (A)	LRC 4:15 PM - Cardio / Sculpt (2)	LRC - Butts & Gutts (2)	New to NIA Feb 18 & Mar 17	
Pilyoga: A sculpting and stretching class using a combination of Yoga poses and Pilates core conditioning. (45 Minutes)	5:00 PM	CP - TRX \$\$		CP - TRX \$\$			LRC - Zumba® (A)	
Power of 3: Cardio-Sculpt-Stretch. A low-impact fitness class.	5:30 PM	LRC - Boot Camp (#) LRC - Indoor Cycling (A) MB 5:45 PM - Step & Condition (2)	LRC - Sculpt & Tone (2) LRC - Pilyoga (A) MB - Jazzercise \$\$	LRC - Boot Camp (#) LRC - Indoor Cycling (A) MB 5:45 PM - Cardio Kick Boxing (#)	LRC - Sculpt & Tone (2) LRC - Pilyoga (A) MB - Zumba® (A) MB - Jazzercise \$\$	LRC - Boot Camp (#)	SilverSneakers Orientations Thursdays 9AM - Feb 2, Mar 1 & Apr 5 2PM - Feb 16, Mar 15 & Apr 19	
Sculpt & Tone: A sculpting class for beginners to intermediate that keeps moving from one exercise to another.	6:00 PM		CP - Indoor Cycling (A)		CP - Indoor Cycling (A)	LRC - NIA (A)		
SilverSneakers®: Muscular Strength & Range of Motion (MSROM)®: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance, and chair is used for seated and/or stand support.	6:30 PM	LRC - Cardio Kick Boxing (#) LRC 7:00 PM - Zumba®	LRC - NIA (A), LRC - Pilyoga (A) LRC 7:00 PM - Zumba®	LRC - Cardio/Sculpt (2)	LRC - NIA (A), LRC - Pilyoga (A)			
Yoga Stretch®: Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.								